



Team RISE
Chicago Rock 'n' Roll Half Marathon
July 22, 2018 - Novice

May	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5
	6	7	8	9	10	11	12
	s&s	3	2	3	rest	cross	4
	13	14	15	16	17	18	19
	s&s	3	2	3	rest	cross	4
20	21	22	23	24	25	26	
s&s	3	2	3	rest	cross	4	
27	28	29	30	31			
s&s	3.5	2	3.5	rest			

July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	7
	s&s	5	3	5	rest	cross	9
	8	9	10	11	12	13	14
	s&s	5	3	5	rest	cross	10
	15	16	17	18	19	20	21
cross	4	3	2	rest	rest	Carb Load	
22	23	24	25	26	27	28	
Race Day							
29	30	31					

June	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
						cross	5
	3	4	5	6	7	8	9
	s&s	4	2	4	rest	cross	6
10	11	12	13	14	15	16	
s&s	4	2	4	rest	rest	5K	
17	18	19	20	21	22	23	
s&s	4.5	3	4.5	rest	cross	8	
24	25	26	27	28	29	30	
s&s	5	3	5	rest	rest	10K	

August	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

s&s: stretch & strength work
cross: cross-training